

MYTHBUSTERS- *Admissions Edition*

TRUE AND FALSE TAKEAWAYS FROM COMMON QUESTIONS.

- ❖ **Students must have a 4.0 to get into UWSOM.**
 - False, our average incoming GPA is a 3.5. We look for an upward trajectory in grades to show that they are continually improving. In addition, a competitive MCAT score can help balance a slightly lower GPA.

- ❖ **Students must do a medical mission trip in order to be competitive.**
 - False, although it is great experience it is not required to be competitive. Finding work/volunteer opportunities domestically in populations of need is just as relevant.

- ❖ **Being a CNA or an EMT will help students get into UWSOM.**
 - Great clinical experience and exposure. However, we look for direct patient/doctor shadowing. If students want/need to be paid for their shadowing; scribing and medical interpretation, also count towards the 40 hours.

- ❖ **AMCAS applications must be turned in the first day, or it will not be considered.**
 - False. Applying the 1st day or a month later does not make a difference. We recommend that students take their time to ensure their application is the best application they can submit, better to have a complete application than an early one.
 - Applying toward the end of the admissions cycle can take longer for the applications to be reviewed by the UWSOM Admissions Committee. Best to give a significant cushion, in case there are delays in transcripts or residency issues.

- ❖ **UW is looking for applicants who want to do rural and/or primary care.**
 - These are certainly mission focuses of the school, but we accept students interested in all specialties. We also focus on those interested in serving underserved populations, applicants who come from a disadvantaged background, and those interested in biomedical research.

- ❖ **Students need to be a Biology major.**
 - False. A student's major has no effect on their chances. We have no preference whatsoever. We recommend choosing a major that they are passionate about.

- ❖ **Students must be the president of a club in order to demonstrate leadership.**
 - False, leadership comes in many forms, not all have a title. Ask what qualities or skills leaders have, and where have they learned or developed those same skills.

- ❖ **Letters of recommendation must all be from science professors.**
 - False. We recommend letters from anyone who can speak to a student's skill sets, personality and fit for medicine. We want to get a well-rounded picture of a candidate from their letters.

- ❖ **Students must have research experience.**
 - False. Research is not required for the UWSOM. It may be required at other medical schools. If students have a direct interest in doing research as a physician then they should have research on their application, so that their interests align with their experiences.

- ❖ **The AMCAS personal statement section must start with a “hook”.**
 - False. We want to know why they want to be a doctor, and how they figured that out. It is more distracting than helpful to have an overly descriptive hook.

- ❖ **Students need to know what specialty they want to do prior to applying.**
 - False. We do not expect them to know which specialty they want to pursue. If they do know, their shadowing and experiences need to align with that interest. Fun fact: 80% of UWSOM students change their minds as they go through medical school.

- ❖ **Students should take the MCAT before applying.**
 - YES! We highly recommend they do this, because it lets them know where they stand and whether they might need a do-over. This allows them time to study and try again before applying if needed.

- ❖ **Students should not take a gap year unless they do something amazing.**
 - False, it's an individual decision, a gap year can help stave off academic burnout and allow time to learn about oneself and get more experiences. Students should do what interests them during this time, as well as enjoy some time off.

*This information pertains to the University Of Washington School Of Medicine, and does not reflect the preferences or requirements of other U.S. Medical Schools.